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Norfolk and Suffolk Wellbeing Service
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Service Tel: 0300 303 4420

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To Whom it May Concern

Re: Amy Waite Krarup – Cognitive Behavioural Therapist

This document is a statement of support for Amy Waite Krarup who has been employed by the Norfolk and Suffolk Foundation Trust (NSFT) Wellbeing Service since Monday 13th September 2021. Amy has been employed as a Trainee CBT Therapist on a full-time contract working 37.5 hours per week however, since the 21st of November 2022 Amy has been working a flexible 30 hours per week.

Areas of work
As a trainee Cognitive Behavioural Therapist (CBT) for the Norfolk community in the United Kingdom, Amy has been working in practice within the Wellbeing Service as well as attending university training days provided by the University of East Anglia (UEA). The training programme delivered by the UEA is recognised by the British Association for Behavioural and Cognitive Psychotherapies (BABCP) as an accredited Level 2 training course.

Specific work tasks
As a CBT Therapist Amy is required to contribute to the provision of the Psychological Therapy Services within the Norfolk & Suffolk Foundation Trust (NSFT) working as part of a multi-disciplinary team; carrying a caseload of clients and ensuring high standards of care are maintained in line with Trust policies and professional codes of practice within accrediting bodies. Amy is required to attend regular clinical and reflective supervision and is responsible for maintaining the accuracy and quality of client records. Amy is accountable for her own clinical actions, as a provider of a specialist psychological intervention, as well as maintaining timely, accurate and evidence-based records of collaborative treatments and interventions. Amy applies high level communication skills, recognising and reflecting the need for different styles and methods of communication to meeting therapeutic needs and maintains good communication links with colleagues and stakeholders to ensure optimum care of clients.

For example, Amy's specific work tasks during her in-service clinical practice days have included offering assessments and delivering treatment sessions using Cognitive Behavioural Therapy (CBT). A course of CBT treatment typically lasts between 5 to 20 sessions. The sessions are 60 minutes in duration, but may at times be longer, when specified by an evidence-based protocol. For instance, trauma focused CBT by Anke Ehlers and David Clark involves a technique known as 'reliving' where it is advised that sessions are 90 minutes in duration. This may also be the same for those clients who require longer sessions due to interpreter needs, long term medical conditions and/ or neurodiversity.

As of the 4th of January 2023, Amy has completed over 400 clinical hours which includes both assessments and treatment sessions. The majority of these have been conducted via the online platform Microsoft Teams, although Amy has also completed 67 hours of face-to-face treatments.

Further responsibilities

Part of Amy's job role includes actively participating in weekly clinical supervision meetings with an experienced and accredited Cognitive Behavioural Therapist, as well as attending monthly line management supervision, reflective practice, clinical and business meetings.

In addition to those outlined above, Amy has also completed ongoing assignments as part of her training delivered by UEA. Completion of this course has provided Amy with skills in CBT for the treatment of depression and several anxiety disorders including panic disorder, social anxiety disorder, specific phobias, generalised anxiety disorder, post-traumatic stress disorder, illness anxiety disorder, obsessive-compulsive disorder, and body dysmorphic disorder. I can confirm that as of 24.11.2022, Amy completed her training with the UEA and has been provided with her academic transcript as well as her diploma certificate in Cognitive Behavioural Therapy.

Yours faithfully

Sarah Bellamy
Wellbeing Team Leader